

Spelling Bee Champions at Valley Elementary School



VVES Spelling Bee champions for 2005 include (l-r): Ashley Castromero (B1, 4th grade schoolwide champion); Aldrin Pangang (208, 5th grade); Calvin Li (203, 3rd grade); and Marielle Consejo (204, 2nd grade). Behind them are committee chairperson Ms. Dare; and judges Ms. Hau, Ms. Cabrera, Ms. Thompson, and caller Ms. Beavins.

Congratulations are extended to Ashley Castromero, spelling bee champion at Visitation Valley Elementary School (VVES) for 2005 who represented "Little Vis" at the citywide contest. Also a big hand to the VVES grade level winners, and the staff who organized and carried-out this successful event.

Third Street Light Rail Receives "Recommended" Rating from FTA

The U.S. Department of Transportation announced on Feb. 8 a "recommended" rating for Phase 2 of Muni's Third Street Light Rail project – the Central Subway.

While not a guarantee of funding, the rating means the project will continue to go forward, with prospects for future federal funding.

"We're pleased that the U.S. Department of Transportation acknowledges the importance of this project, which will provide the backbone for expanded rail transit services in San Francisco," said Michael T. Burns, Muni director.

Phase 1 of the Third Street project, now under construction along Third Street, will extend Muni Metro service from the Caltrain Depot at 4th and King streets to a terminal at Bayshore Boulevard and Sunnysdale Avenue beginning at the end of this year.

Phase 2 will extend the line north in a subway to a terminal at Stockton and Clay streets in

Chinatown. This phase has received \$20.5 million in New Starts funding to date for preliminary engineering activities. Phase 2 is projected to open in 2012, with ridership on the entire line expected to be 60,000 on an average weekday by 2015.

The two-phase project will unite the City's established civic, busi-

ness, retail and cultural centers with the diverse communities along the light rail line, support the revitalization and economic development of communities in the Third Street corridor, and provide success to the Mission Bay development, including the new University of California campus now under construction at Mission Bay.

Northern California Gas Prices Rising Again

The trend for California gas prices has shifted into reverse, according to the latest report from AAA of Northern California. After 12 weeks of slow but steady declines in retail fuel costs, consumers saw prices at their local gas stations begin to rise once again starting in the middle of January.

The statewide average price of a gallon of regular unleaded gasoline now stands at \$2.09. That price is a 15 cents per gallon increase from the last AAA gas price report on Jan. 18.

"A lot of gas stations have once again passed the \$2 per gallon threshold," said Sean Comey, spokesman for AAA of Northern California. "We finally got a break after prices peaked in late October last year. Over the next three months, consumers saw a decrease of about 50 cents per gallon. Unfortunately, they're creeping back up again."

The principal market force driving the cost of gasoline up right now appears to be the tight balance between supply and demand. California refineries are now switching production from the blend of fuel required in the winter to the type of gasoline used during warmer weather. This process tends to reduce output because part of a refinery's production capacity is taken offline during the transition.

The cost of crude oil, the raw material from which gasoline is made, is also a factor affecting retail fuel prices. The price of crude remains high, ranging between \$45 and \$50 per barrel since early January. Indications from OPEC that the cartel might reduce its output have helped keep crude oil prices at relatively high levels.

The most expensive average gas price in Northern California is in Eureka, where regular unleaded costs \$2.27 per gallon. The lowest price among California cities tracked by AAA is in Tracy, where gas costs an average of \$1.92 per gallon.

Throughout Northern California, the average price is \$2.05. In the Bay Area, the average price is also \$2.05.

See Page 2

City Announces Home Buying Help for Low and Moderate Income Households

Mayor Gavin Newsom announced Feb. 22 the availability of City funds to Asian and other minority households hoping to purchase a home. Recent studies report that Asian and other minority communities lag behind the national rate of homeownership (68 percent) by approximately 10-20 percent.

"The City is back in the downpayment business," remarked the Mayor, noting that \$8 million in downpayment and second loan funds have recently been made available for affordable first-time homeownership opportunities. Additionally, the City offers mortgage credit certificates that make homeownership affordable by reducing a household's total tax owed.

Newsom explained that existing low- and moderate-income homeowners—many of whom are elderly or immigrants—can borrow up to \$150,000 (for a 2-unit structure) to

rehabilitate homes that contain health or safety hazards. The Mayor implored all present to spread the word to first-time homebuyers.

San Francisco's homeownership assistance programs are targeted to low- and moderate-income families. For the downpayment programs, families of four can earn no more than \$95,000. Families with slightly higher incomes (up to \$158,000) are eligible for the other City homeownership programs.

City downpayment and second loan assistance programs can provide up to \$100,000 in loans that are deferred for 40 years (or upon sale). City rehabilitation loan programs can provide up to \$150,000 (for a 2-unit residence) or \$75,000 (for a single-unit residence). All programs have additional underwriting and eligibility guidelines.

More information can be found on the Mayor's Office of Housing Website at www.sfgov.org/moh or by calling (415) 252-3177.

Not All Identity Theft Occurs on the Internet

"Identity theft continues to be a very serious threat. One in 23 adults will be victimized this year, with a total loss exceeding \$50 billion. To prevent the misuse of our personal information, survey research shows we should be as safety-conscious in our home and office, as we are on the Internet," said Ken Hunter, president and CEO of the Council of Better Business Bureaus, Inc.

The 2005 Identity Fraud Survey report, recently released by the BBB and Javelin Strategy & Research, indicates that common fears about online identity fraud may be out of proportion to the real risks that confront consumers. The surprising results indicate that people should pay greater attention to the more traditional paper-based world when taking steps to protect their personal identity.

The survey of 4,000 people found:

"The most frequently reported sources of information used to

commit identity fraud are not computer-based. A lost or stolen wallet, checkbook or credit card was cited by almost 29 percent of the victims who knew how their personal information had been obtained; 11 percent cited friends/acquaintances and relatives; another, 8% blamed corrupt employees with access to personal information. Computer crimes accounted for 11.6 percent of the perpetrator sources known by victims.

See Page 7

Burton High School To Get New Sports Field This Summer

Burton High School will install a synthetic sports playing surface this summer thanks to a \$200,000 grant from the National Football League (NFL) Grassroots Program, a partnership between the NFL, Youth Football fund and the bay Area Local Initiatives Support Corporation (LISC).

The grant, announced Feb. 1 by the NFL, LISC and San Francisco 49ers, is part of \$12.5 million in grants having been awarded since 1998 to revitalize 116 playing fields.

Scheduled for installation this summer, the new field will be built by the S.F. Unified School District on a base of recycled tires. The current field is used only for practice.

Income Tax Assistance In Visitation Valley for Lower Income Families

Tax-Aid will continue hosting free tax preparation for families with incomes of less than \$36,000 at the Visitation Valley Community Center, 66 Raymond Ave. on both Saturday Feb. 26 and Mar. 5 from 10 a.m. to 3 p.m. Service will be on a walk-in basis. Chinese interpreters are available.

There is also a new free tax service at Sunnysdale continuing by appointment only on Tuesdays through Apr. 12 from 10 a.m. to 2 p.m. and on three remaining Saturdays, Mar. 12 and Apr. 9 from 11 a.m. to 3 p.m. Residents can call (415) 345-0123 to make an appointment.

Planning Alliance Meeting in March

Visitation Valley Planning Alliance will hold its next regular monthly meeting at 10 a.m. on Saturday, Mar. 12 at the Visitation Valley Community Center, 66 Raymond Ave. Planning Alliance meetings are usually held the second Saturday of every month.

Former Valley Motel Site Draws Interest for New City Housing



The former Travelodge site at 2011 Bayshore Boulevard has drawn much interest as a site for new City housing.

With City Planning having expressed interest in acquiring the closed Travelodge site on Bayshore Boulevard adjacent to US101 for new housing, Visitation

Valley residents have expressed their concerns on drawings presented by a developer and architect for the new town houses and multi-family units at Planning Alliance

meetings this year.

Plans at the former motel site include construction of 140 units of housing with a maximum height limit of 40 feet.

Grapevine Mailbox

Advocating a Fair Tax

On the national level, we have heard President Bush talk of a change to the tax code. While it is a great idea, the chances are the changes will be minimal – and probably screw us average wage earning folks again anyway. There has got to be a better way!

I think FairTax is the most logical tax plan I have ever seen. FairTax main plan is to flat tax everyone at the point of sale rather than through payroll tax deductions. The master stroke of the FairTax plan is that everyone is taxed equally. There are no dodges, nothing to hide behind. FairTax taxes everyone equally on the items that they purchase.

This seemingly simple plan does not discriminate against

anyone – if anything, it stops the finger pointing. FairTax allows for taxation of immigrants. Rather than immigration being a so-called burden on our country, FairTax makes it so that all immigrants would pay their fair share. In addition, the underground money from borderline or illegal activities would also be taxed. The people who deal in these trades also buy goods and services and they would be taxed at the point of sale. No more fear of the tax man and filling out forms that even the IRS has trouble explaining to taxpayers.

I believe that FairTax is a plan whose time has come. We need to write to our President and members of the legislature and have them invoke FairTax. Visit their site – www.fairtax.org for more information on what to me is an amazing idea!

Dan Dressler, Dublin CA

Anti-Litter Campaign Launched in City

Standing in the plaza of the 16th and Mission BART station, Mayor Gavin Newsom on Feb. 10 announced a new citywide anti-litter campaign that will focus on changing inappropriate littering behavior through education, enforcement and abatement. The mayor also reinforced his commitment to help residents and businesses revitalize their neighborhood merchant corridors.

"San Francisco's new anti-litter campaign will work in partnership with businesses, community groups, schools and city departments," said Mayor Newsom. "Our anti-litter campaign effort will help restore San Francisco's vibrant image."

Newsom explained that litter on San Francisco streets and sidewalks has increased in recent years. Department of Public Works (DPW) in 2003 reported picking up 16,727 tons off the streets. In 2004, the tonnage increased by 35 percent to 23,451 tons. DPW's central call center (28-clean) experienced an increase of litter calls from 38,541 calls and complaints in 2003, to 44,518, a 15 percent increase in 2004.

2005 Anti-Litter Campaign

Education: An effective public education campaign must focus on our need to change inappropriate behavior. Educational materials will be provided to adopt themes that engage people who litter and leave trash, with a deliberate message to be more responsible and respectful. The new program will educate San Franciscans that this behavior is wrong and serve as notice that enforcement will follow to change it.

Enforcement: To be successful, this anti-litter campaign will include an appropriate level of enforcement as a deterrent to littering behavior. Citation Officers who observe littering acts will issue citations of \$80 to \$1,000 to individuals, depending on the amount of trash and the level of egregiousness involved.

The city of San Francisco will train 400 City employees from 43 different classifications, who are authorized to issue litter citations, in addition to their regular duties. The new citation officers will focus their administrative citations on individuals who actually litter, levying fines that will lead to behavior change. These citations will produce better, more respect-

ful behavior simply by acting as a necessary consequence to observed littering.

Abatement: The long-term challenge continues to focus on DPW's ability to respond more often and more quickly to the rising number of litter complaints and requests, while Department resources shrink. A more aggressive trash and litter abatement program will be established by identifying more government entities and government-funded agencies that can be proactive in keeping their areas at or around their localities clean and litter free.

The goal of a better abatement program is to expand the number of public and private participants who are cleaning and/or sponsoring cleaning activities themselves, rather than waiting for the limited resources of DPW to perform.

New Program in City to Feed the Homeless

Mayor Gavin Newsom on Feb. 15 announced the launch of a new program to feed the homeless by providing federal food stamps to eligible homeless San Franciscans.

Responding to the growing demand for meals, the *Food Stamps in a Day* is a new partnership between the city's Department of Human Services and St. Anthony's first launched one month ago as a pilot. On its trial run, DHS and St. Anthony's staff enrolled 37 homeless clients in food stamps.

In order to assure that all San Franciscans in need can qualify for and receive food stamps, Mayor Newsom and Supervisor Tom Ammiano are moving forward a resolution that would exempt poor adults from the state imposed three-month limit on food stamps. This resolution would

IRS Has \$2 Billion for People Who Have Not Filed a 2001 Tax Return

WASHINGTON - Unclaimed refunds totaling more than \$2 billion are awaiting about 1.7 million people who failed to file an income tax return for 2001, the Internal Revenue Service announced today. However, in order to collect the money, a return must be filed with the IRS no later than Apr. 15, 2005.

The IRS estimates that half of those who could claim refunds would receive more than \$484. In some cases, individuals had taxes withheld from their wages or made payments against their taxes out of self-employed earnings but had too little income to require filing a tax return. Some taxpayers may also be eligible for the refundable Earned Income Tax Credit.

"The window is closing for 2001 refunds," IRS Commissioner Mark W. Everson said. "As soon as you send us your tax return, you'll get your money. But if you don't file, you won't get anything."

In cases where a return was not filed, the law provides most taxpayers with a three-year window of opportunity to claim a refund. If no return is filed to claim the refund within three years, the money becomes property of the U.S. Treasury. For 2001 returns, the window closes on April 15, 2005. The law requires that the return be properly addressed, postmarked and mailed by that date. There is no penalty assessed by the IRS for filing a late return qualifying for a refund.

The IRS reminds taxpayers seeking a 2001 refund that their checks will be held if they have not filed tax returns for 2002 or 2003. In addition, the refund will be applied to any amounts still owed to the IRS and may be used to satisfy unpaid child support or past due federal debts such as student loans.

By failing to file a return,

individuals stand to lose more than refunds of taxes withheld or paid during 2001. Many low-income workers may not have claimed the Earned Income Tax Credit (EITC). Although eligible taxpayers may get a refund when their EITC is more than their tax, those who file returns more than three years late would be able only to offset their tax. They would not be able to receive refunds if the credit exceeds their tax.

Generally, individuals qualified

for the EITC in 2001 if they earned less than \$32,121 and had two or more qualifying children living with them, earned less than \$28,281 with one qualifying child or earned less than \$10,710 with no qualifying child.

Current and prior year tax forms are available on IRS.gov or by calling 1-800-TAX-FORM (1-800-829-3676). Taxpayers who need help may also call the IRS help line at 1-800-829-1040.

Bay Area Counties Preventing Youth Violence

United Way of the Bay Area (UWBA) on Feb. 8 released *Keeping Youth Safe: A Report on Violence Prevention in the Bay Area* which reveals that although Bay Area counties are doing their part to invest in youth violence prevention, they do not have enough resources to fully address the issue. Most counties were graded "C" or better for youth violence prevention.

Each year, nearly 300 of California's youth are lost to assault and suicide, making violence the number one killer of teens in our state. In an attempt to shed light on the status of the systems that support young people, *Keeping Youth Safe* compares

and grades youth violence prevention in seven Bay Area counties with two grades:

"The *Safe Communities* grade is based on rates of assault victimization, self-inflicted injury, incarceration rates, student/counselor ratios, and the percentage of youth graduating with University of California and California State University (UC/CSU) qualifications.

"The *Resources for Youth* grade reviews how communities are using state and federal funding to provide resources for youth in areas such as crime prevention, after-school programs, job training and health services.

March Excursions by VVCC Senior Center

Following are Wednesday excursions from the VVCC Senior Center. Call 467-4499 for more information.

*Mar. 9: *Gray Cabaret Performance* - San Francisco's premier senior performing arts event, featuring singers, dancers and magic will be held from 1:30 to 4:30 p.m. at the Castro Theatre, 429 Castro St. This trip is \$2. Meet at 66 Raymond Ave. by 12 noon.

*Mar. 30: *On the Edge: Contemporary Chinese Artists Encounter the West and Asia* Jades and Ceramics at Cantor Arts Center at Stanford University. There will be a docent tour at 11 a.m. Lunch will be at the

Cool Café, or order a bag lunch for \$1.50. Meet at 66 Raymond Ave by 9:30 a.m.

Gas Prices in California Are on the Rise Again

From Page 1

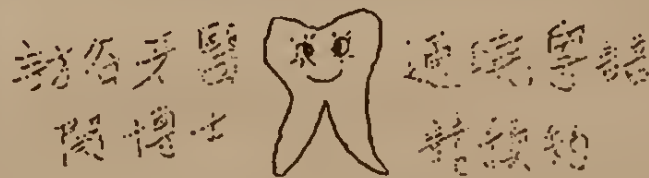
The nationwide average price is now \$1.89, which is 20 cents a gallon less than the statewide average in California.

The most expensive gas in the United States is in Wailuku, Hawaii, where a gallon of regular unleaded costs an average of \$2.68.

The least expensive gasoline is in Casper, Wyoming, where the average price is \$1.70 per gallon.

VISITACION VALLEY DENTAL OFFICE

Albert Kuan, D.D.S.



10 Percent Senior Discount

37 Leland Avenue
San Francisco, CA 94134

Monday thru Friday: 9 a.m. to 5 p.m.
Closed on Thursday

Phone 239-5500
for an appointment

Cantonese Spoken

Visitation Valley Community Center Senior Program

Funded by S.F. Department of Aging & Adult Services

Open 365 Days a Year
Lunch Served Every Day

Senior Bingo - Holiday Crafts
Senior Council - Day Outings
Exercise - Gambling Trips
Ceramics - Potlucks
Mahjong - Blood Pressure
Birthday Parties
Holiday Celebrations

66 Raymond Avenue 467-4499

ST. JAMES PRESBYTERIAN CHURCH

240 Leland Ave., San Francisco, CA 94134
The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.
Sunday Worship Service: 10:30 a.m.
Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehearsal: 10:00 a.m.

You are cordially welcome to join us for study, worship, fellowship and service. We seek to teach the Bible and to lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

GRAPEVINE

Published monthly by Visitation Valley Community Center, 50 Raymond Ave., San Francisco, CA 94134, (415) 467-9300; Fax: 467-3757; visvalley@earthlink.net; Web: <http://home.earthlink.net/~visvalley>
Editor: Len Appiano

Accounts: Florence Pewtherer
Visitation Valley Grapevine, named by Pat Crocker, is a Registered California Trademark of Visitation Valley Community Center.

Executive Director: Julia A. Kavanagh
Opinions expressed in the Grapevine are not necessarily those of VVCC.
Copyright 2005 VVCC. All rights reserved.

Micro-Minute

by Mrs. Food

We're all leading stressful, busy lives these days. If I told you I had a way to reduce your stress and save you time, wouldn't you jump to know what it is?! Use your microwave oven for cooking and baking!

That's right! Our microwave ovens can help us out in so many more ways than most people realize. The latest microwave models, such as the Inverter Microwave Oven from Panasonic, can do everything from defrosting and cooking to simmering sauces and even baking!

The perfect way to get some extra help in the kitchen is to put your microwave oven to work doing new duties. Here are a few tips to make foods cooked in the microwave look and taste as good as foods cooked the traditional way...but in much less time:

*Cook eggs in the microwave - but only *out of their shells* and in a microwave-safe dish. When cooking a whole egg in the microwave, pierce the yolk *before cooking*, to prevent it from popping.

*Give microwaved meat that nice browned finish that everybody likes by cooking it in a microwave browning dish.

*When preparing fish in the microwave oven, place the thicker sections toward the edge of the dish, and overlap thin edges to make everything a uniform thickness.

*Par-cooking chicken in the microwave before grilling cuts down on long grilling times.

*Most microwave recipes for eggs, chicken, fish, and meat call for a standing time that is usually 5 to 10 minutes, depending on the size and weight of the food. This is an important step which allows the internal temperature of the food to rise enough to complete the cooking process. Don't skip it!

There you have it - the combination of microwave convenience and tasty, great-looking cooked food. Now there's something to make us all say...*"Ooh it's so good!!"*

Pesto Chicken

(4 servings) "If you have ten minutes and a few ingredients, this becomes an elegant dinner option."

4 boneless, skinless chicken breast halves (1 to 1-1/4 pounds total); 1/4 teaspoon salt; 1/8 teaspoon black pepper; 1/2 cup prepared pesto sauce; 4 slices (4 ounces total) mozzarella cheese

1 can (225 ounces) sliced black olives, drained (optional).

1. Place the chicken breast halves on a microwave-safe platter. Season with the salt and pepper then cover with a single layer of thick paper towels. Microwave at 90 percent power for 5 minutes.

2. Uncover the chicken and top each piece with a dollop of pesto sauce and one slice of mozzarella cheese.

3. Microwave at 90 percent power for 2 minutes, or until no pink remains in the chicken and the cheese is melted. Sprinkle with sliced olives, if desired, and serve immediately.

Trout Amandine

(3 to 4 servings) "You can turn any night into an extraordinary event when you make this dinner in your microwave oven!"

Crossword Puzzle Solution

| | | | | | | | | |
|----|----|---|---|---|---|---|---|---|
| SA | IG | A | A | C | H | G | R | O |
| L | I | N | O | S | B | R | A | L |
| A | N | G | U | S | B | E | S | U |
| T | E | E | T | E | R | S | T | A |
| | | S | E | S | T | E | T | |
| A | L | T | S | A | P | N | I | C |
| L | O | L | L | L | I | L | C | A |
| L | I | C | I | T | R | A | P | B |
| | | A | R | I | O | S | O | |
| R | A | T | O | O | N | H | O | M |
| A | A | A | P | T | A | R | A | B |
| A | R | A | H | R | S | L | H | A |
| D | E | L | Y | A | I | H | Y | A |

1 pound trout fillets; 1/4 teaspoon salt; 1/4 teaspoon paprika; 2 tablespoons butter, cut into small pieces; 1/4 cup sliced almonds; 1 tablespoon chopped fresh parsley.

1. Coat a microwave-safe 7" x 11" baking dish with nonstick cooking spray.

2. Place the trout fillets in the baking dish and season with the salt and paprika. Place butter on top of the fish and sprinkle with the almonds and parsley.

3. Microwave at 80 percent power for 4 to 5 minutes, or until the fish flakes easily with a fork.

No-Fuss Mexican Omelet

(3 to 4 servings) "If you love Mexican food, here's a quick take on a veggie omelet that's packed with south-of-the-border excitement!"

4 eggs; 1/2 of a small red bell pepper, diced; 1 scallion, thinly sliced; 1/4 cup shredded Mexican cheese blend; 1/4 teaspoon salt; 1/4 teaspoon black pepper

1. Coat a microwave-safe 9-inch pie plate with nonstick cooking spray.

2. In a medium bowl, combine all the ingredients; beat until well blended then pour into the pie plate.

3. Microwave at 90 percent power for 1 minute. Stir, pushing the cooked portions to the center of the pie plate. Microwave at 90 percent power for 2 to 3 more minutes, or until fluffy and set. Slice into wedges and serve.

Finishing Touch: For a bolder

taste and look, top each wedge with some salsa and a dollop of guacamole or sour cream.

Low-Carb Microwave Cheesecake (8 servings)

1/4 cup butter; 1 cup finely chopped walnuts; 1 cup plus 2 tablespoons Splenda artificial sweetener (27 packets), divided; 2 packages (8 ounces each) cream cheese; 1/4 teaspoon salt; 1/3 cup heavy cream; 4 eggs; 1 teaspoon vanilla extract; 2 tablespoons lemon juice (optional)

1. In a microwave-safe 9-inch pie plate, heat the butter in the microwave oven at 100 percent power for 45 to 60 seconds, until melted. Stir in the walnuts and 2 tablespoons artificial sweetener; mix well then press evenly into the bottom of the pie plate. Microwave at 100 percent power for 1-1/2 minutes.

2. In a medium-sized microwave-safe bowl, microwave the cream cheese at 50 percent power for 1 minute. Add the remaining 1 cup sweetener, the salt, and heavy cream; beat until well blended.

3. Beat in the eggs, vanilla, and lemon juice, if desired. Microwave at 100 percent power for 3 to 4 minutes, or until hot. Stir mixture then pour into the crust. Microwave the cheesecake at 50 percent power for 7 minutes, or until the center is set.

4. Cool cake slightly then refrigerate for 4 to 6 hours. Serve with fresh fruit.

Handling Office Stress is Hard Work

It's important that dealing with work-related stress doesn't become a full-time job. That's one conclusion of a recent study that found stress is becoming a prominent fixture in the American workplace, with only half of workers able to deal effectively with it.

The study revealed that workers now take up to two weeks of sick time a year to deal with stress-related illness and that many use over-the-counter analgesics in an effort to remedy their stress-related sickness.

The study, conducted by the Hadassah women's organization, in partnership with Aetna and the United States Tennis Association, polled approximately 1,000 people at companies across the Northeast. It was created by stress expert and author Dr. Deborah Bright, who served as co-investigator with Dr. Mark Popachin, a prominent gastroenterologist at New York-Presbyterian Hospital's Weill Cornell Medical Center.

One in three respondents said they are "highly stressed" at work, with nearly four in 10 reporting that they have more stress at work today than two years ago. Only 50 percent rated themselves as "very effective" in handling this stress. As a result, 32 percent admitted missing anywhere from one to 14 days of

work in 2004 due to stress-related illness and just about one-quarter (24 percent) disclosed taking anywhere from one to five aspirin or acetaminophen tablets daily because of stress-related complaints.

According to the study, there are numerous factors contributing to on-the-job stress. Fifty-five percent of respondents cited their foremost stressor as being given more tasks and responsibilities than time to do them. Forty-three percent cited being on the receiving end of criticism as the second greatest source of stress, while having to give criticism rated as the eighth highest stress-producing situation (36 percent).

"Americans are experiencing higher levels of stress than ever before," said June Walker, Hadassah's National President and a health care professional. "The challenge of balancing work, family, and finances in an increasingly more competitive, demanding world is definitely taking its toll."

"Stress has become a health concern for people both in the workplace and home setting," said Dr. Popachin. "It cannot be eliminated from our lives. Our study assesses which coping strategies are being utilized by those who successfully manage their stress. From these findings, we hope to identify practical methods for all of us to minimize the negative effects of stress in our lives."

Building "to do" lists seemed to be the most effective way respondents managed workplace stress, while smoking was the least effective. Unfortunately, most people said their work-related stress doesn't leave them when they leave work. Fifty-five percent said they frequently think about work while at home, and 20 percent said they have difficulty sleeping at night due to stress-related problems from work.

Also, people may want to be careful about just how quickly they climb the corporate ladder. If you are a manager between the ages of 25 and 44, chances are you are among those who are least effective at handling everyday work-related stress.

NAPS

Five Things Every Californian Should Know About eRecycling

So what, exactly, is eRecycling anyway? That's a question that more and more Californians have been asking since Jan. 1, when the state's new eRecycling law went into effect.

These are the basic facts that every Californian should know regarding eRecycling.

1. In California, we suffer from a serious glut of electronic waste, or "e-waste." That is to say old electronic products - including TVs and computer monitors - we simply no longer have use for. Each year in our state we replace hundreds of thousands of electronic devices with the newer, faster, latest and greatest versions. What happens to the old ones? More often than not, they gather dust in our homes, garages and businesses because we simply

don't know what to do with them.

2. Do you know that it is actually against the law throw many of these items in the trash? That's because they're banned from California landfills. By recycling these items, we help the environment while preserving some of the valuable contents of the e-waste such as metals, plastics and glass.

3. California is the first state in the nation to take a proactive role in making it easier to deal with the e-waste issue. The California Electronic Waste Recycling Act sets up a nominal fee (\$6 to \$10 for each covered product purchased) that will enable the state set up a system making recycling our TVs and computer monitors safer and cheaper in the future.

4. Thanks to this new eRecycle

initiative, more and more Californians are beginning to move what were once heavy dust-collectors out of our garages to eRecycling centers. More importantly, by eRecycling those old computer monitors and TV screens we no longer care about anyway, we are taking a big step toward helping preserve natural resources, protecting our environment and creating new jobs in the state.

5. You can learn all about this initiative by visiting www.eRecycle.org. This website is designed to be a one-stop shop for information on how to manage unwanted electronics. Through the site, you can find out where recycling opportunities exist near you - and some pretty interesting facts and figures pertaining to e-waste as well.



2177 Bayshore Blvd.
at the corner of Blanken

(415) 330-0736
Fax (415) 330-9813

Open from
10 a.m. to 8 p.m.
Tuesday-Saturday

"Convection cooking separates the fire from the meat creating the true flavor of our smoky meats which can't be found anywhere else in San Francisco."

For a Unique Culinary Experience,
Try One of Our Delectable Bargain
"Light Rail Construction" Specials
Posted Daily on the Front Window.
You'll Want to Come Back for More!

*BBQ
*Sandwiches
*Seafood
*Appetizers
*Party Platters
*Desserts



Book Reviews

Loopholes of the Rich

There's nothing unethical about tax loopholes, says a top real estate author and investing expert. The government wants you to take advantage of them.

"Even better, these tactics and strategies are a great way to save for your family's future or achieve financial independence," says Diane Kennedy, CPA and author of *Loopholes of the Rich* (Wiley, \$19.95).

According to Kennedy, taxes are the single biggest expense for the average American today. Small changes in the amount of taxes paid can lead to big changes in your family's quality of life.

The newly revised edition of *Loopholes of the Rich* covers effective and legal tax strategies and loopholes so people from every tax

bracket can pay less and keep more of what they earn.

Packed with motivational true stories and practical tax strategies, the book covers business structures, tax-advantaged wealth building and asset protection. There's a helpful checklist of 300+ business deductions, real-life tax strategy examples, useful sample forms and details in IRS codes and rules.

Kennedy, founder of DKA, a leading tax strategy and accounting firm, holds seminars on how to legally and ethically minimize tax obligations.

Prescription for Health

Increasing the amount of nutrients in your diet can be a key to rapid weight loss. That's the premise behind a new book that offers a program for living a healthier life.

The program is based on a simple formula: When the ratio of nutrients to calories in the food you eat is high, fat melts away. The more

nutrient-dense the food you consume, the more you will be satisfied with fewer calories, and the less you will crave fat and high-calorie foods.

The book, *Eat To Live* by Dr. Joel Fuhrman, M.D. (Little, Brown, \$14.95), contains what's described as a healthy, effective and scientifically proven six-week plan for shedding a radical amount of weight quickly.

These sentiments are echoed on a Web site, www.drfuhrman.com, where visitors can get information on losing weight, reversing disease and creating a healthier lifestyle.

NAPS

The Sensible Environmentalist

More Than Planting Trees

Dear Dr. Moore:

How many trees are planted each year compared to the number harvested?

It would put a lot of minds to rest if we could make this calculation, but it isn't that simple. Harvesting is measured by area (acres/hectares) or the volume of wood and not the number of trees. The fact that 1.6 billion trees are planted each year in North America doesn't even tell half

the story, because harvested areas are often seeded or allowed to regenerate naturally, depending on the characteristics of the site.

A better way to determine the success of reforestation is by comparing forest growth to the amount of timber harvested. Satellite tracking shows that North American forests have grown in volume of timber by 20 percent since 1970 and cover about the same area now as they did 100 years ago. There are two reasons for this. The amount of timber harvested has been consistently less than forest growth and there has been no net expansion of farmland during the past century.

The laws governing reforestation depend on whether the land is public or privately owned. On public lands, regulations are in place to keep harvest levels in check and ensure prompt regeneration. The main incentive for private landowners is the fact that sustainably managed forests keep providing value. There's also the need to satisfy customers, which is why many forest companies seek sustainable forest certification. In the U.S. and Canada, about 250 million acres have been independently certified as sustainably managed to one of three main standards (over twice the size of California).

Interestingly, most deforestation in North America has nothing to do with forestry. It's caused by urban development and the conversion of lands for agriculture. The good news is that this goes both ways—almost any piece of land can be returned to a forested state by replanting and tending.

One of my favorite examples is the New York State Forest Program, which started early in the last century when new rail and canal systems sparked an exodus of farmers to the prairies. Beginning with the reforestation of abandoned farms, New York increased its forest cover from about 20 percent in 1890 to 62 percent today.

Reforestation is an obvious and essential part of forest management. As a sensible environmentalist, I'm encouraged that North American forests continue to increase in volume and by the fact that governments, industries, environmentalists and the public all seem to share this common goal.

Dr. Patrick Moore has been a leader of the environmental movement for more than 30 years. A co-founder of Greenpeace, he holds a PhD in ecology and a BSc in forest biology.

NAPS

JOHN W. KING SENIOR CENTER

500 Raymond Ave. San Francisco, CA 94134

**Nutritional lunches will be served
at noon for \$1.50. Come one, come all!**

**The Senior Center has many facilities,
including our spacious courtyard
and many senior programs
for the neighborhood!**

| | |
|----------------------------|----------------|
| Arts & Crafts | Movies |
| Bingo | Line Dance |
| Ceramic | Tai Chi |
| Karaoke | Transportation |
| Supplemental Food Program | |
| English & Computer Classes | |

Call: (415) 239-6233 Fax: 239-2262

FREE CERAMICS CLASS

For everyone 18 and older at
Visitacion Valley Community Center,
66 Raymond Avenue
Tuesdays from 9 a.m. to 4 p.m.

*Very therapeutic and fun. You do not need to stay
the entire day...come for as long as you like.
We have a wonderful teacher to assist you.*

For more information, call the
VCC Senior Program: (415) 467-4499

Church of the Visitacion

Roman Catholic (1907)

97 Years in Visitacion Valley

| | |
|--|---|
| Daily Masses (Mon-Fri) 7 a.m. & 5:30 p.m. | Saturday Masses 7:30 a.m. & 5 p.m. |
| Sunday Masses 8 & 9:30 a.m. (11 a.m. Spanish) 12:30 & 5 p.m. | Our Lady of Visitacion School Grades K-8 239-7840 |

Religious Education: Grades K-8 (Saturday only) 239-6723

Come, Let us worship together!

**655 Sunnydale Avenue
San Francisco, CA 94134-2838
(415) 239-5950**

Rev. Zachary J. Shore, Pastor

Century 21

Alliance

Mobile Phone
(415) 830-1235



Justyna P. To
Realtor #01091490

屠佩麗

Your Neighbor for Real Estate Needs

**Justyna will donate under your name
\$500 for every completed transaction
to Visitacion Valley Community Center.**

我講廣東話及國語。

Bayview Police Station Update

by Bayview Captain Rick Bruce

Arrest of Homicide Suspect

On Friday, Feb. 11, homicide inspectors arrested a suspect in the Sept. 27, 2004 murder of a 17 year old Lincoln High School student, Maxina Nicole Danner, whose body, wrapped in a blanket, was discovered on Visitacion Avenue near Mansell Street.

Royce Miller, 21 and living in the Bayview, was arrested at 12:30 p.m. without incident. Witness statements and other investigative leads resulted in Miller's arrest. Miller is in custody on \$5 million bail.

Police Cases

*On Jan. 21 at 6:40 p.m. the owner of a store at 2480 San Bruno Ave. arrested a person for stealing food. The suspect tried to run from the store owner and then the police arrived. The suspect gave the police a false name and there was no record. When the savvy officers questioned the suspect further she admitted to lying and they found that under her real name she had a felony bench warrant for theft.

*On Jan. 30 at 10:48 p.m., officers responded to Hester and Lois Lane regarding a call of trash being dumped from a Budget rental van. The officers found a man with the van and placed him under arrest for an outstanding warrant charging him with various narcotics offenses.

*On Jan. 31 at 11 a.m., officers were

on patrol at Bacon and Bowdoin when they saw a maroon Infiniti drive past them and recognized the vehicle from an earlier broadcast as having just been reported stolen. The officers stopped the vehicle and arrested the driver, who was wearing a bullet-resistant vest. The driver spontaneously stated that he had to wear the vest because he is a "rapper." The subject, living on the 300 block of Hamilton, was booked for a stolen auto.

*On Feb. 1 at 1:11 p.m., officers were on patrol at San Bruno and Bacon when they made a traffic stop on a vehicle for mechanical violations. The driver told officers that he did not have his driver's license with him, but he provided the officers with his name and date of birth. The officers were unable to locate any DMV record for the driver and continued to question him about his identity. The officers were going to place the man under arrest as an unlicensed driver when they found the man's wallet in his rear pocket and located a California ID card belonging to the man, but with a different name from the one he had provided. The officers confronted the man with this new information and he verified that the name on the ID card was his. The man stated, "I get confused because I got hit on my head once." The man was arrested as an unlicensed driver and was also charged with an outstanding warrant.

*On Feb. 1 at 6:28 p.m., an officer responded to 2480 San Bruno Ave. - the San Bruno Supermarket - on the report of a battery. The employees

told the officer that they had seen a woman placing items into a bag and then attempting to leave their store without paying for the items. When the employees confronted the woman, she attempted to push them away and the employees phoned the police. Numerous stolen items were found in the woman's bag and she was charged with petty theft with a prior conviction.

*On Feb. 3 at 10:56 p.m., officers along with a police sergeant were working an auto boosting detail when they came across a man holding a screwdriver as he was seated in a vehicle parked on Silver Avenue. The officers approached the man and saw that the ignition was "punched" on the auto and the driver was still holding a screwdriver in his hand. The officers had the driver and passenger exit the car and then saw a glass crack pipe on the seat where the driver had been sitting. The officers then determined that the driver was on probation from San Mateo County and they performed a probation search, finding both crack cocaine and heroin in the man's pockets. The officers then found a wallet under the front seat, and inside the wallet located credit cards and checks in the names of five different people. The officers then asked the passenger her name, and she provided a fictitious name. The passenger's actual name was obtained at Bayview Station (via mug shots and fingerprints), and she was booked for four outstanding criminal warrants. The driver, living on the 800 block of Laguna, was booked for

numerous drug charges and numerous fraud charges.

*On Feb. 6 at 7:45 p.m. an officer, along with back-up officers, responded to the White Palace Liquor Store at 1524 Silver on the report of an armed robbery. The victims told the officers that five men, some of them armed with guns, entered their store and demanded the cash from the register. The men, captured on videotape, fled the store following the robbery. Suspect one is a black male, 18-25, 6'0", 160, wearing a black hooded sweatshirt, white T-shirt, blue jeans and black tennis shoes. Suspect two is a black male, 5'11", 150, wearing a black hooded sweatshirt, blue and white checkered shirt, blue jeans and black shoes. Suspect three is a black male, 5'8", 150, wearing a black jacket, gray hooded sweatshirt and blue jean pants. Suspect four is a black male, 5'9", 150, wearing a black cap, white mask over face, black jacket with white stripe, blue jeans and black shoes. Suspect five is a black male, 6'0", 160, wearing a black ball cap, blue denim shirt, black jeans and black shoes.

*On Feb. 8 at 12:08 p.m., an officer responded to a home on Lois Lane on the report of an assault. The male caller was very drunk and told the officer that his roommate had locked him out of their apartment. The officer interviewed the roommate, who was sober and lucid, and the roommate stated that the caller was taking a combination of prescribed medication and alcohol and had been acting strangely and was

VISITACION VALLEY GRAPEVINE - MARCH 2005 - 5 becoming increasingly aggressive. The roommate directed the officer to the caller's room and pointed out eight bottles of different prescription medications, along with an empty bottle of Viagra. The roommate told the officer that the caller had actually assaulted him, and then threatened his life. The roommate signed a private person arrest and the caller was arrested for battery, threats, and public intoxication. The suspect was booked at the hospital ward of the jail due to the many medications (and alcohol) he had apparently ingested.

*On Feb. 8 at 3:17 p.m., an officer responded to the 2700 block of San Bruno Avenue on a call from a man that his brother was causing problems and was wanted for an outstanding Department of Corrections warrant. The man was located and booked for the warrant.

*On Feb. 8 at 8:30 a.m. at 400 Mansell St., a student with a knife was caught by a teacher at school and suspended. The teacher considered the student a "good student" and wished no charges brought.

*On Feb. 11 at 10:43 p.m., officers were on patrol at Bacon and San Bruno when they saw a vehicle drive past them and noticed that the vehicle's license was on their hot sheet. The officers went to pull the vehicle over and it suddenly pulled to the curb and its three occupants all fled on foot. The officers were able to overtake the driver and place him under arrest. The driver, living on the 400 block of Argonaut, was booked for stolen auto, delaying arrest, being an unlicensed driver, and an outstanding warrant.

*On Feb. 14 at 8 a.m., an officer Miller handled a graffiti call at Burton High School and was informed by a school employee that a student had been "tagging" the word "caller." The student, 15 years of age and living on San Jose Avenue, was cited for vandalism.

*On Feb. 14 at 11:40 a.m., an officer responded to the 300 block of Bacon on the report of a landlord/tenant fight. The callers told the officer that their tenant had threatened and battered them following an argument about a pending eviction. The tenant was booked for two counts of battery and for making threats.

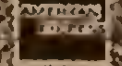
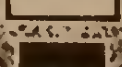
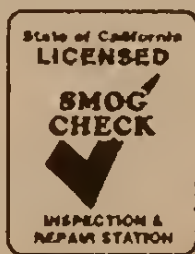
Police Summaries

*Jan. 15 11 a.m., 400 block of Lathrop Ave., vandalism.
*Jan. 17 2:30 p.m., 300 block of Lathrop Ave., disturbing the peace.
*Jan. 18 7:30 p.m., 100 block of Blythdale Ave., malicious mischief.
*Jan. 18 11 p.m., 900 block of Somerset St., malicious mischief.
*Jan. 19 11:30 p.m., 500 block of Tunnel Ave., theft from locked auto.
*Jan. 20 6:36 a.m., Dartmouth St. & Silver Ave., street robbery.
*Jan. 20 9:16 a.m., 400 block of Taccoloma Ave., theft from auto.
*Jan. 20 7 p.m., Goettingen St. & Silver Ave., vandalism to vehicle.
*Jan. 21 6:50 p.m., 2500 block of San Bruno Ave., store burglary.
*Jan. 26 3 p.m., 424 Blanken Ave., found person.
*Jan. 26 3:30 p.m., Barneveld St. & Silver Ave., stolen auto.
*Jan. 27 8:05 a.m., 145 Grand St., stolen auto.
*Jan. 28 2:17 a.m., 300 block of Lathrop Ave., disturbing the peace (loud music).
*Jan. 30 11 p.m., 11 p.m., 340 Hamilton Ave., burglary.
*Jan. 31 1:15 p.m., 400 Mansell St., fight (3 students).
*Jan. 31 2 p.m., 100 Brussels St., stolen auto.
*Jan. 31 12:30 p.m., 275 Brussels St., battery.
*Feb. 2 12:11 p.m., 248 Silliman St., death report, cause unknown.
*Feb. 2 12:55 p.m., Bayshore Blvd. & Blanken Ave., hit and run.
*Feb. 2 1:25 p.m., San Bruno Ave. and Silliman St., battery.
*Feb. 2 1:52 p.m., 2253 Silver Ave., stolen auto.
*Feb. 2 2:04 p.m., 2531 San Bruno Ave., mental health detention.
*Feb. 2 3:30 p.m., 56 Melra Ct., fraudulent credit application.
*Feb. 3 12:07 a.m., Hamilton St. & Silver Ave., unlicensed driver.
*Feb. 3 8:30 a.m., 320 Felton St., burglary.
*Feb. 4 11 p.m., 275 Grand St., hit and run.
*Feb. 7 6 p.m., San Bruno Ave. & Bacon St., pickpocket (Muni).
*Feb. 8 3:33 a.m., Silver Ave. & Somerset St., unlicensed driver.
*Feb. 8 8:02 a.m., Mansell & Hamilton Sts., injury accident.
*Feb. 8 2:20 p.m. 450 Lathrop Ave., vehicle impounded (two plates).
*Feb. 8 8 p.m., 401 Felton St. burglary.
*Feb. 14 9:59 a.m., 3155 San Bruno Ave., theft from building.
*Feb. 14 11:57 a.m., Brussels & Woodsey Sts., stolen auto.
*Feb. 14 3:30 p.m., 500 Holyoka St., burglary.

TW AUTOMOTIVE

COMPLETE AUTO REPAIR & MUFFLER

- Foreign & Domestic
 - Brake Service
 - Engine-Transmission
 - Fuel Injection
 - Electrical Service
 - Insurance Work
 - Tune-up
 - Muffler & Pipes
 - Catalytic Converter
 - Performance Dual Exhaust
 - Custom Bending
- Welcome



415-585-8281

2500 BAYSHORE BLVD. (AT VISITACION)

Grapevine Puzzler

K B N R E G N O T U L E J C D S S A D F
I H R S B T R A E H E L P R U P I K L J
N F G F D E R Y N D F S E R T U L Y W K
G D O O W X O B A S S W O O D S V R A J
W G R D E F E D E L C G R T Y U E D L G
O V D S O E E L P A M H I C K O R Y N F
O F V S C O H T O R D E R A T U F F U H
D V B H E R W H R C C O O J Y F I S E C
J T D B H G E D U H H D U E T N R C M D
R U O S B E K R A E J E Y R E I L G S B S O
E N O H R B K R A E R S R E I L M D T E O
D R W C A O G W O C T R M L K A K L Y W
A E P R Z N B E M O N E P R L R S H L E
L T I I I Y Y P A C U H I K A O G F R S
D T L B L E U L C O T C N D G L W A I O
E U U C W W J A Y B K K E H B R P D T R
R B T C O C S N S O T C S A X V J O U N
Q M G R O T R E S L E A B N G D G G P J
K J G F D V N M G O A L D A F G F J K T
K Y N A G O H A M K K B T S O I U H C D

| | | | |
|--------------|-------------|-------------|------------|
| Ash | Cedar | Kingwood | Red Alder |
| Balsa | Chestnut | Larch | Rosewood |
| Basswood | Cocobolo | Lime | Silver Fir |
| Beech | Douglas Fir | Mahogany | Sycamore |
| Black Cherry | Ebony | Maple | Teak |
| Birch | Elm | Pine | Tulipwood |
| Boxwood | European | Red Oak | Walnut |
| Brazilwood | Plane | Redwood | Yellow |
| Bubinga | Hickory | Oak | Poplar |
| Butternut | Jelutong | Purpleheart | Yew |

Types of Wood

Poor Rix's Almanac

by Rix Quinn

Dear Poor Rix: With all the tools modern science possesses, why can't it solve the problem of aging? — Getting Older

If Poor Rix had the answer, he would still look 19 instead of...uh...well, never mind how old Poor Rix looks.

First, aging is a natural event, like floods, homework, and cold sores. A person without wrinkles is either a person without experience, or one without moisturizer.

Children, like adults, lose their teeth. But unlike adults, they can grow new ones.

Nearly everybody wants to look older until age 30, at which time they want to look younger. Hardly anybody wants to look the same age all the time (except Dorian Gray, and he's not real).

One of Poor Rix's friends is deathly afraid to wrinkle. She's had so much facial enhancement, when she smiles she looks like my gerbil. (But I find that attractive.)

After her last surgery we met for lunch to celebrate. Suddenly, without warning, a piece of her nose dropped right into the potato salad. She screamed, covered her face with a napkin, and raced for the restroom.

I ran after her, asking, "Do you need to go to the hospital?"

"No, no," she said. "I'll be OK."

"But I sure hate to lose face in front of my friends."

"Dear Poor Rix: My husband has a question. If he has a sex change, will he live longer? — Violet, New York

Violet, research shows that women outlive men. And there's evidence that if a married man undergoes gender change surgery, he and his wife can also share clothes.

Seriously, women outlive men for many complex reasons. But Poor Rix is a simple guy, and doesn't understand most of them. Therefore, I'll tell you what I know, and make up the rest.

The average girl born today can expect to outlive the average man by 5.4 years. Poor Rix knows many women, but none consider themselves "average." So women actually outlive men by 43 years.

Second, women live healthier. They drive safer, eat better, and rarely offend neighbors by projectile burping.

When men accumulate body fat, it builds around their stomachs. This increases their heart attack risk, and limits their choice of tank tops.

If women gain weight, it often goes to their thighs. That's a safer place for fat to build, except during bikini season.

A few men feel it necessary to point out sudden weight gain to their girlfriends. This explains why some guys die young.

Would Poor Rix ever consider this surgery? Yes, but not for himself. Dear Poor Rix: How do you feel about the terrible state of public restrooms? — Helen

That depends. Are public restrooms in red states or blue states?

But seriously, Helen, Poor Rix is often shocked to see dirty public bathrooms with phone numbers scribbled on the walls. Did you know that half those phones are disconnected?

People have gone to the bathroom for thousands of years. Facilities will be needed as long as folks drink water or take a long car trip with kids.

So why can't we develop quality bathrooms that meet minimum national standards? Wouldn't it be nice to go to a four-star restroom? (I'd like to see where they put the stars.)

How about a national "Potty Policy?" Here are some basic requirements:

1. The room should be attractively decorated with plastic flowers, landscape prints, or — in the case of

graffiti — clean poetry.

2. Toilets should be mounted securely on walls, not hung by a rope from the ceiling.

3. Toilet stalls should not require paid entry. The stall doors should be secured by a lock, not a rubber band.

4. The bowl should be a regulation model, not a bucket. And despite the toilet's disposal power, users should be warned that it's virtually impossible to flush a thong.

5. Finally, the toilet area should be well lighted. Poor Rix once washed his hands in a basin, and later discovered the restroom had no sink.

Dear Poor Rix: Does anything really important happen in February? — History Student

February may not be the coolest month, but it's certainly one of the coldest. Lots of good stuff happened in February. Here's a partial list:

In 1913 Congress passed the amendment to tax our incomes. If you've paid taxes since 1913, you are now likely very poor and very old.

All February is Return Shopping Carts to the Supermarket Month. (Poor Rix never stole a cart, but is reminded to return some library

books checked out in 1997.)

This month we also celebrate Robinson Crusoe Day. The story was based on a sailor who argued with his captain, and got dropped on a semi-deserted island.

So, let this be a lesson: If you backtalk the boss, you could end up with a friend named Friday, but nothing to do the rest of the week.

Did you know we celebrate the 1744 birthday of the first weatherman, John Jeffries? Some claim he died of high temperature. Others say it was low pressure. A few friends were unwilling to make a prediction, but were pretty sure he was under the weather.

Carl Wilhelm Grimm celebrated a February birthday in 1786. He and brother Jacob compiled the time-honored "Grimms' Fairy Tales." Even though he died long ago, we'll always remember him as a mything person.

Finally, did you know that in 1893 a historic motion picture — the recording of a sneeze — was captured on film? It didn't have much of a plot, but it's real fun to watch...especially if you run it backward.

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charter.net.

Keeping a Watchful Eye on Pop Culture

The future could include a TV show called "Niles," a "M*A*S*H" reunion episode and a president named Oprah. Those are some of the findings of a recent survey that measured American attitudes toward entertainment and pop culture.

It also seems that Tony Soprano sleeps with the fishes when compared to the popularity of Don Corleone. Thirty-two percent of people polled said they preferred the Don as the number-one mobster, while 24 percent said they preferred Soprano, according to the survey which was conducted for Parade magazine by Harris Interactive(r). Similarly, James Bond probably left Austin Powers a little shaken (not stirred). Respondents said they preferred 007 to the "International Man of Mystery" by a 60 percent margin (75 percent to 15 percent, respectively).

Which celeb would those polled most like to see in the White House? Twenty-one percent said Oprah Winfrey, while eight percent said Bill O'Reilly would make a good candidate. Jon Stewart and Donald Trump each got six percent of the vote. (Speaking of The Donald, 37 percent of respondents said they thought the real estate mogul wears a toupee.)

While you may not be able to pick your parents, you can certainly pick your favorite TV

dad. Thirty-four percent of respondents chose the wisecracking Cliff Huxtable (played by Bill Cosby). Nineteen percent chose the crafty Tim Taylor (played by Tim Allen) from "Home Improvement" and 10 percent chose Dan Conner (played by John Goodman) from "Roseanne."

When it comes to scary movies, 28 percent of respondents agreed that "The Exorcist" got the biggest screams. Fifteen percent said "Psycho" was the scariest of all time. "The Shining" freaked out 13 percent of respondents and "Jaws" kept eight percent of respondents out of the water.

The survey also found that if packing a time capsule, 22 percent of respondents would include rock music to represent current American pop culture. Twenty-one percent of respondents tipped their hats to country, while 18 percent gave the nod to hip-hop/rap music.

When asked which television show they'd most like to see a reunion episode for, "M*A*S*H" took top honors (22 percent), while Niles Crane from "Frasier" was deemed the television character we would most like to see in a spin-off (16 percent).

Harris Interactive(r) conducted the survey for PARADE among 3,077 U.S. adults (aged 18+) who are online. The data were weighted to be representative of the total online U.S. adult population. The results for the overall sample have a sampling error of +/- 2%.

NAPS

Historic Proportions

Match clues to answers.

1908

1. New railroad tunnel started providing service under this on Feb. 25.

2. Horrible epidemic that plagued Russia.

3. First automobile came off assembly line on Aug. 12.

4. King and Crown Prince assassinated here on Feb. 1.

5. Olympic Games held here during the summer.

6. This was registered on May 22 at the U.S. Patent Office.

7. Elected President of U.S. on Nov. 3.

8. Subway system opened here on Aug. 3.

9. International contest for this on Oct. 1 included several European nations.

10. Belgium announced annexation of this on Aug. 19.

11. World Series winners on Oct. 14.

12. He became boxing champion on Dec. 26.

A. London

B. Congo

C. Chicago Cubs

D. Jack Johnson

E. Cholera

F. Model T

G. Hudson River

H. William H. Taft

I. Soccer

J. Philadelphia

K. Flying machine
L. Portugal

Answers: 1-C; 2-E; 3-F; 4-L; 5-A; 6-K; 7-H; 8-J; 9-I; 10-F; 11-C; 12-D.

Sez Who?

Match quotes to speakers.

1. "Putting off a hard thing makes it impossible."

2. "Restlessness and discontent are the first necessities of progress."

3. "A prudent question is one-half of wisdom."

4. "The smart ones ask when they don't know. And, sometimes, when they do."

5. "Why and How are words so important that they cannot be too often used."

6. "People forget how fast you did a job — but they remember how well you did it."

7. "Reading makes a full man, meditation makes a profound man, discourse makes a clear man."

8. "The purpose of life is to believe, to hope and to strive."

9. "Credit to the fullest the good qualities to be found in others, even though they may far outshine your own."

A. Francis Bacon

B. Napoleon Bonaparte

C. Malcolm Forbes

D. Benjamin Franklin

E. Thomas Edison

F. William M. Peck

G. Indira Gandhi

H. George Horace Lorimer

I. Howard W. Newton

Answers: 1-H; 2-E; 3-A; 4-C; 5-B; 6-I; 7-D; 8-G; 9-F.

Grapevine Want Ads

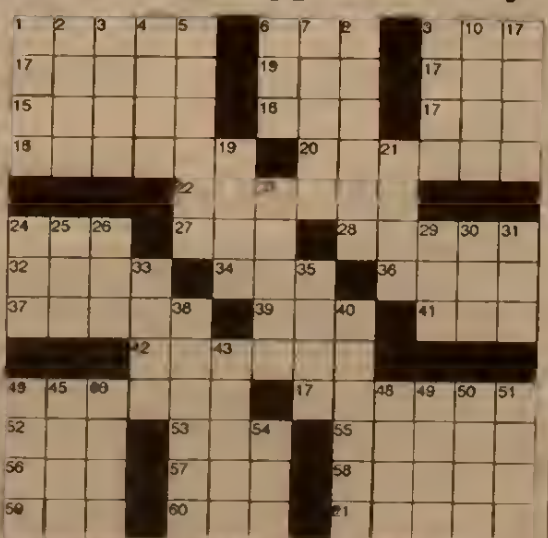
VOLUNTEERS WANTED for WVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, WVCC After School coordinator: (415) 585-2059.

GRAPEVINE DISPLAY ADVERTISING: new limited-time rates: Full Page: \$60; 1/2 Page: \$33.75; 1/4 Page: \$18.75; 1/8 Page: \$10; 1/12 Page: \$8; 1/16 Page: \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Crossword Puzzle

Solution on Page 3

ACROSS
1 Siberian antelope
6 Exclamation
9 Gross (abbr.)
12 Dirge
13 Underwear
14 Science class
15 Cattle breed
16 Egyptian god of pleasure
17 Sp. Article
18 Wobble
20 Of a nation
22 Group of six
24 Old (Ger.)
27 Juice
28 Alcove
32 Recline
34 "___" Abner
36 Women's work basket
37 Lawful
39 Old Irish counterfeit coin
41 Jap. Festival
42 Melodious
44 Sugar cane shoot
47 Honor
52 Antiaircraft artillery (abbr.)
55 Polishing material
56 After constellation
57 Hours (abbr.)
58 Forbidden City
59 Ancient stringed instrument
60 Defiant shout



61 Avesta division
DOWN
1 Lath
2 Senior (Fr.)
3 Bus Stop playwright
4 Form of arthritis
5 Tax
6 Warp yarn
7 Zenith
8 Dash
9 Overflow
10 Hindu princess
11 Old Gr. Coin
19 Actual
21 Of this kind of (suff.)
23 Coil (pref.)
24 Aggregate
25 Law (Fr.)
26 Tender loving care (abbr.)
29 Civil Aeronautics Board (abbr.)
30 Television channel
31 Belonging to (suff.)
33 River into the Yellow Sea
35 Tie
38 Cup
40 Ill
43 Within (Lat.)
44 Thunderfish
45 Borneo's river
46 S. Afr. Dialect
48 Ceylonese langur
49 Down with (Fr. 2 words)
50 Deep cut
51 State (Fr.)
54 Hardwood

Sump, the Grump



Visitacion Valley Police Report

by IngleSide Captain Paul Chignell Police Cases

"On Jan. 17 at 12:14a.m., an officer stopped a vehicle at Sawyer and Sunnydale for a stop sign violation. The driver, who lives on Naples, had no driver license issued and no insurance. He was cited and the vehicle towed.

"On Jan. 18 at 10 a.m., officers stopped a vehicle at Hahn and Sunnydale as the driver was not wearing a seatbelt. The driver, who resides on the 1500 block of Sunnnydale, was driving on a suspended license with no insurance. He was cited and the vehicle towed. At 2:20 p.m. an officer stopped a vehicle at Sunnydale and Rutland for a stop sign violation. The driver, who resides on Loehr, was driving with a suspended license. He was cited and his vehicle towed.

"On Jan. 19 at 1:52 p.m. on the first block of Brookdale, officers of the Gang Task entered a residence on a health and welfare/abandonment check and located three loaded assault weapons, a fully loaded .45 caliber semi-automatic handgun and ammunition. At 2:43 p.m. officers went to the 100 block of Blythdale on an investigation of an abandoned residence and health check. In the course of their investigation they recovered a Tech-9 machine gun, and body armor. Two subjects were arrested for warrants. At 7 p.m. officers saw a vehicle engaging in a screeching

speed contest at Bacon and Bowdoin. They stopped the subject, who resides in Pittsburg and booked him on a no bail domestic violence warrant.

"On Jan. 21 at 4 p.m., officers responded to shots fired on the 1200 block of Girard. There had been a prior shooting on that block so the officers searched the area to no avail but later found shell casings on the street. They then noticed a subject acting suspiciously in the area. That subject was stopped and found to have warrants for his arrest for driving with a suspended license, no insurance and license plate violation. He resides on the block.

"On Jan. 24 at 7:30 p.m., an officer stopped a vehicle at Brussels and Wilde for a registration violation.

The driver, who resides on Westpoint Road, was driving with a suspended license. He was cited and the vehicle towed.

"On Jan. 26 between 7:25 and 11 p.m., a burglary occurred on the first block of Teddy. Entry was through the front door. A safe and money were taken.

"On Jan. 27 at 8 p.m., numerous shots were fired at 22 Santos with a number of bullets hitting the community center at 1652 Sunnydale. Thirty people were in the area but none could give any information on suspects. At 8:37 p.m., while officers were at the scene of the Santos shooting, they heard ten shots within a hundred yards near 140 Blythdale. The officers raced to the scene and saw two subjects in black clothing running nearby but they escaped. There were no victims located in the area.

"On Jan. 30 at 8:15 a.m., officers went to the 300 block of Harkness on a report of a man acting belligerently and possibly involved in a domestic violence case. The subject challenged the officers to fight. Two other officers arrived at the scene and subdued the subject. He was arrested on a charge of interfering with an officer. At 12 midnight, officers stopped a subject on the 100 block of Tucker and found that she had a warrant for driving with a suspended license.

"On Feb. 3 at 12 noon, officers went to the 300 block of Sawyer on a domestic violence case where the long time boyfriend had beaten the victim and pulled a phone away from her when she attempted to call the police. He was booked on a felony charge. At 2 p.m. a sister of a domestic violence victim came to the Sunnydale police substation to report that her sister had been beaten and strangled by her boyfriend. Officers went to the 1500 block of Sunnydale and arrested the subject for three felony counts. At 12 midnight an officer stopped a driver at Arleta and Bayshore for an improper turn. The subject, who resides on Ruel Court, was uncited. He was cited and his vehicle towed.

"On Feb. 4 at 9:20 a.m., officers went to a car body shop on the 2500 block of Bayshore and cited an employee for malicious mischief for damage done to a customer's car after a dispute.

"On Feb. 5 at 8:30 a.m. officers went to the 200 block of Rey on an assault in progress. They investigated and found that a boyfriend had beaten his girlfriend after a dispute over crack cocaine. The suspect was arrested on one felony count.

"On Feb. 7 at 8:30 a.m., officers investigated the burglary of a large number of computers and related equipment on the 300 block of Schwerin Street. Through their investigation they identified the suspect in the case and arrested him when he arrived at the scene of the crime where he had been employed. The suspect resides on Key Street.

"On Feb. 8 at 6 p.m., officers arrested a subject on the 100 block of Brookdale for threats to kill a woman.

"On Feb. 10 at 3 p.m., a victim arrived home on the 300 block of Wilde. As he went to his bedroom he was attacked by two suspects, one striking him in the head with a blunt object. The suspects took a significant amount of money and a computer and fled. At 6 p.m., several gun shots were heard on the first block of Brookdale. A victim was found on the ground with a shot to the stomach. Three suspects dressed in black were seen fleeing the area.

"On Feb. 11 at 12 midnight, officers went to the 100 block of Addison where a suspect had strangled and beaten his wife. He fled before the officers arrived.

"On Feb. 13 at 5:45 p.m., officers observed a suspicious person exiting a vehicle at Visitacion and Mansell. They stopped him and found that the

suspect, who resides on Colby Street, was wanted for a probation violation and domestic violence from Solano County.

"On Feb. 14 at 9:45 p.m., officers went to the 400 block of Sunrise on a parking dispute between neighbors. They cited one individual there for battery for striking the victim in the head.

Police Summaries

"Jan. 18 7 p.m., first block of Brookdale Ave., five shots into a window
"Jan. 20 8:30 a.m. - 5 p.m., 2600 block of Bayshore Blvd., warehouse burglary
"Jan. 20 6:31 p.m., 1200 block of Girard St., shooting, gunshot wound to leg, numerous shots
"Jan. 22 9:30 p.m., 1600 block of Sunnydale Ave., burglary of stereo, window broken
"Jan. 22 6 p.m. 1600 block of Sunnydale Ave., burglary, domestic violence, suspect known
"Jan. 23 12 noon, 1200 block of Sunnydale Ave., threats, exhibiting weapon, suspect known
"Jan. 24 1:30 p.m. 1900 block of Sunnydale Ave., burglary, kitchen window, stereo
"Jan. 24 7:05 p.m., 1600 block of Sunnydale Ave., threats, burglary, domestic violence
"Jan. 25 9:26 a.m., Sunnydale Ave. & Sawyer St., shooting, multiple shots, ankle injury
"Jan. 28 12:35 p.m., first block of Ervine St., burglary, garage door, laptop
"Jan. 30 2:35 a.m., 1600 block of Sunnydale Ave., domestic violence, vandalism, theft
"Jan. 31 7:10 a.m., San Bruno & Harkness Aves., robbery, bus stop, pursesnatch
"Jan. 31 4 p.m., San Bruno & Campbell Aves., aggravated assault, shots fired and missed
"Jan. 31 5 p.m., 200 block of Schwerin St., restraining order violation
"Feb. 1 2:52 p.m., 1500 block of Sunnydale Ave., known gang members detained
"Feb. 2 7 p.m., 3300 block of San Bruno Ave., attempted assault with knife
"Feb. 15 12:17 p.m., 200 block of Campbell Ave., burglary, front door, no loss
"Feb. 15 12:30 p.m., 400 block of Raymond Ave., students harassing wheelchair occupant

Rain Can Lead to Hydroplaning Danger

A puddle of water can be dangerous. Rainstorms that create slick roadways threaten drivers with losing control of their vehicles. In many instances, hydroplaning uncontrollably can be avoided, according to AAA of Northern California.

"If you just act like the rain isn't there, you could be in trouble," said Sean Comey, spokesman for AAA of Northern California. "You have to change the way you drive in wet conditions. If you know what to do in an emergency, you are more likely to stay in control and avoid a dangerous crash."

The quantity of water on the road, your speed and the condition of your tires affect your car's ability to maintain its traction with the road.

To avoid hydroplaning, keep the following in mind:

"Be aware of potential hydroplaning conditions: standing water, raindrops bubbling on the road, or a sloshing sound from your tires.

"Steering is preferred to braking at speeds above 25 mph because less distance is required to steer around an object than to brake to a stop. In wet weather, sudden braking often leads to skids.

"Slow down, avoid hard braking or turning sharply, drive in the tracks of the vehicle in front of your and increase the distance between your vehicle and the one in front of you.

"With only 1/12th of an inch of water between your tires and the road, each of your tires has to displace one gallon of water per second. Maintaining good tread and properly inflating your tires will increase traction and allow water to escape from under the tires.

"Choose a speed consistent with the amount of water on the road. At 30 mph or less, properly inflated tires with good tread will maintain contact. Even new tires will lose some footprint contact at speeds as low as 35 mph. At 60 mph, water may separate the tire from the road and cause hydroplaning.

"Prevent moisture from collecting on the inside of windows by moving the heat control to "hot" and letting your car warm up before turning on defrosters and blowers.

"Turning on the air conditioning, even in cold weather, can help remove moisture from the air and clear your windshield more rapidly. Make sure the insides of the windshield and rear window are clean. Dirty windows tend to fog up more than ones with clean surfaces.

Saturdays are Special at the Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are \$3 per child; \$5 for a parent and child combo. All kids under 6 must be with a paying adult. Arts Card members receive a 2-for-1 discount. Call 554-9600 for further information.

"Mar. 5: *Fish Prints* – Experience the art of traditional Japanese fish-printing in a modern way – using rubber fish!

"Mar. 12: *Rainsticks* – Create your own rainstick and join the rainy

Not All Identity Theft Occurs on the Internet

From Page 1

"Among cases where the perpetrator's identity is known, half of all misuse of personal information was committed by a friend, family member, relative, neighbor or in-home employee.

"Too often, we think of our home or office as a comfort zone, where we can let down our guard. Unfortunately, that is not the case with our personal information," said Hunter. "First, Learn How to Prevent Unauthorized Access to your Personal Info."

The BBB advises consumers to begin this week by reviewing how they carry, store, send and destroy documents that contain personally identifiable information. This includes credit cards, ATM and debit cards, Social Security card, statements from financial service companies, billing statements, incoming and outgoing mail and other documents.

"A good way to begin your identity safety inventory is to take a quiz specifically designed by Javelin Survey & Research and the BBB, based on the identity safety "best practice," suggested Mr. Hunter. "The quiz, which is posted online at www.identitysafety.net permits people to assess their identity safety from two perspectives. First, are the steps I am currently taking to fight identity fraud really enough? Secondly, how can I protect myself from having personal financial information taken without my consent?"

The quiz takes only minutes to complete, and is available in both English and Spanish. Once finished, the quiz-taker receives a score, with a list of specific suggestions that will help that person improve their identity safety. The higher the score, the more a person needs to do to "lock down" their personal security or the security of their small business.

"Second, Be Proactive in Detecting Unauthorized Activity."

After you've taken the necessary steps to protect access to your personal information, the BBB suggests you take preventive measures that will help you detect unauthorized activity on your accounts, should that occur.

"Our survey research found that a majority of identity fraud crimes are self-detected. And, the losses are lower if the victim was using electronic review of their transactions, statement and credit reports to detect unauthorized access," said Hunter.

In addition to monitoring account balances and activity at least weekly, the BBB recommends that consumers monitor their credit reports at least annually; use e-mail account "alerts" to monitor transfers, payments, low balances and withdrawals; and, consider moving to online statements and bill-paying.

"Of course, if you do bank online, take the necessary safety precautions. Place a password protection on your computer and your sensitive files (such as your online banking file); ensure that your computer has a firewall to protect from Internet attacks; install good anti-virus/anti-spyware software on your computer and regularly update it; and, keep the security features of your computer's operating system current," the BBB president advised.

season orchestra.

"Mar. 19: *Peace Flags* – Print an original peace flag with a myriad of textures and colors.

"Mar. 26: *Swiss Cheese Candles* – Make a colorful candle using ice cubes, old crayons and other recycled materials.

Other Saturday activities include: "Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

"Meet the Animals from 11:15 a.m. to 12 noon.

"Animal Feeding at 12 noon.

"Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

VISITACION VALLEY BUSINESS DIRECTORY

Valley free listings in the 415 area code.
Call the Grapevine at (415) 467-9300.

AUTOMOTIVE

BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHERS AUTO BODY, 2520 Bayshore Blvd.
CHARLES GARAGE, 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281

BANK

BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS

LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253

BARBERS

DeMASIS BARBER SHOP, 35 Leland Ave.
THE SHOP (UB), 178 Leland Ave., 239-6709

BEAUTICIANS

BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENAS SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BAD?, 224 Leland Ave., 657-3156

BLIND CLEANING

SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE

ABLES CASA, 850 Rutland St., 333-4664, fax 333-4893

BOOKKEEPERS

AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS

HANSAAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS

CASKETORIUM, INC., 93 Leland Ave., 585-3451

CHURCHES

CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5960
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213

RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457

ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 585-6391

VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

COFFEE

CANDLECOST COFFEE, 2156 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309

DAY CARE

CAROUSEL DAY CARE, 261 Hahn St., 469-5363

DENTIST

VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5600

DEVELOPERS

VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 333 Schwerin St., 587-7895

ELECTRICAL

TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS

IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS

SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5690

GROCERS

CASALLOPEZ PRODUCE, 58 Leland Ave., 585-4745

E-Z STOP MARKET, 2203 Geneva Ave., 585-9240

FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300

K.C. MARKET, 400 Wilde St., 467-3024

LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815

M & M SHORT STOP, 2145 Geneva Ave., 585-0878

PCCOLO PETE, 2156 Bayshore Blvd., 468-6800

7-11, 2200 Bayshore Blvd., 468-8546

SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851

SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506

SUPER FAIR MARKET, 201 Leland Ave., 239-6856

TEDDY'S MARKET, 258 Teddy Ave.

VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS

SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY

VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE

EDIE FEPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276

ROBERT LEHMAN, CLTC, CMFC, 333-0850

KITCHEN CABINETS

LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730

LAUNDRY/CLEANERS

BAY WASH, 44 Leland Ave.

CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467

COIN WASH & DRY LAUNDRY, 186 Leland Ave.

FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418

LELAND AVENUE CLEANERS, 151 Leland Ave., 585-1412

VALLEY LAUNDRY, 90 Leland Ave.

VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING

34-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555

VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907

VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY

VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

MANUFACTURER

NATIONWIDE PAPER, 345 Schwerin St., 586-9180

MEDICAL

AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620

HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments: 715-0310

DR. SAM HO, MD, 9 Sillman St. No. 4, 337-6135

NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9696 (ask for Leland Avenue clinic)

PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2658 San Bruno Ave. 467-7500

NOTARY

ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900

ORGANIZATIONS

ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689

GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700

GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwerin St., 584-4044

JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233

LELAND HOUSE, 141 Leland Ave., 405-2000

ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001

VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY

VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811

PHOTOGRAPHER

WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING

MARK VOELKER PLUMBING, 99A Hahn Ave., 467-7401

POST OFFICE

VISITACION USPS, 68 Leland Ave., (800) 275-8777

REAL ESTATE

JUSTYNNAP TO (Century 21), 2488 Junipero Serra Blvd., Daily City 94015, (650) 991-5215, Mobile (415) 830-1235

CATHY KLINE SAUNDERS (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ext 163

RESTAURANTS

BAYSIDE CAFE, 2011 Bayshore Blvd., 467-2023

CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd. 330-0736, Fax 330-9813

G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283

HERNANDEZ TAQUERIA & BAKERY, 98 Leland Ave., 587-7721

LUAN FAT BAKERY, 110 Leland Ave., 585-1167

TWO JACKS, 167 Leland Ave., 337-0433

Y & G RESTAURANT, 73 Leland Ave., 469-5666

SCULPTOR

CARTORGINALS (Mical Cartor), 2 Hahn St., 239-4138

SELF-DEVELOPMENT

DYNAMIC DEVELOPMENTS (Marlene Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS

THE VILLAGE, 333 Schwerin St., 239-5045

VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING (VVESS), 120 Leland Ave.

VISITACION VALLEY COMMUNITY CENTER (VVOCC), 50 Raymond Ave., 467-6400

VVOCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-8898, Fax 586-8027

VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VJOET), 333 Schwerin St., 239-2895

TAVERN

THE CLUB HOUSE, 25 Blanken Ave.

TELEPHONE

Family & Community Services Center

Visitacion Valley Community Center, Inc.



Financial Literacy Workshop

Six Week Program

Topics include: Banking and Loans; Credit; Budgeting; Consumer Protection and Securing a Financial Future
Thursdays, March 3, 10, 17, 24 and 31 (Graduation Ceremony)
Friday, March 11
5:30 to 8 p.m. at 325 Leland Ave.

Childcare will be Provided

For more information, contact the following staff members:

Meriam T. Abalos, FCSC Coordinator
Marichelle Punzalan, Asst. Coordinator
Joanna Wong, Counselor
Tammie Lawrence, Outreach Worker
Han Chen, Intern Social Worker

Monday and Friday: 9 a.m. - 4:30 p.m.
Tuesday, Wednesday, Thursday: 9 a.m. - 7 p.m.
Saturday: 9 a.m. - 3:30 p.m.

Parents Advisory Council Meeting
Friday, March 4
5:30 to 6:30 p.m. at 325 Leland Ave.

Family Meet & Eat,
Friday, March 18
5:30 to 6:30 p.m. at VVCC,
50 Raymond Ave.

Father Support Group,
Saturday, March 19
10:30 a.m. to 12:30 p.m.
at 161 Leland Ave.

Parents Support Group,
Friday, March 25
10:30 a.m. to 12:30 p.m.
at 161 Leland Ave.

Family Meet & Eat,
Saturday, March 26
11:30 a.m. to 12:30 p.m.
at 161 Leland Ave.

Free Food Distribution from 3 to 4 p.m.
Mondays, March 7, 14 and 28
at 161 Leland Ave.

Pre-registration every Tuesday and Wednesday
from 10:30-11:30 a.m. at 161 Leland Ave.

161 Leland Avenue

(415) 586-6998 Fax 586-8027



Cathy Kline Saunders

Broker Associate

**215 WEST PORTAL AVENUE
SAN FRANCISCO, CA 94127**



ZEPHYR
REAL ESTATE

**For Any of Your
Real Estate Needs**

**Call Me
(415) 731-5011
Extension 163**